



Featured Cuisine:

Charleston, SC



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Its Origination:

The city's food heritage derives from the varied cultural influences of its citizens: people of African descent, the French Huguenots, and the English.

Its Food:

Its dishes reflect Charleston's Lowcountry history and location and is based on the abundance of products brought by African slaves (okra, eggplant, sesame, and their knowledge of rice cultivation), and the indigenous foods of the region (shrimp, blue crabs, tuna, flounder, bass, ducks, geese, and turkey.)

Notes from the Chef:

Shrimp & Grits

Charleston has received some notoriety in recent years for both their traditional and new styles of regional cooking. Locals have always been proud of their culinary heritage, but have managed to keep it under wraps until now. Shrimp and Grits is a local classic and there are plenty of variations. The combination of the creamy grits, or polenta if you prefer, plus the succulence of fresh shrimp, applewood bacon, and some parmesan cheese, make this an excellent one dish meal. Add some cornbread on the side and you're all set.

-Chef Joerg





**FINE MEALS
FRESHLY MADE**



Notes from Apiary Chef & Owner Joerg Zehe

When classic American food comes to mind, BBQ is always at the top of the list, and what better dish than pork ribs, either Baby Back or St Louis? Yes, there are regional differences, and sure, each one is "the best" but hey – it's tough to beat Memphis style – and no matter where you're from, you're gonna enjoy either the dry or wet, best done in a pit, though even an old oil drum will do. The trick is to cook it low and slow making sure it's done at just the right time. The rib should pull apart right in the middle of the meat. Undercooked and it won't pull apart with ease – overcook it and the rib will separate by the bone. Anyways, dig a pit in your backyard, pour in some seasoned hardwood, and you're set. If that doesn't work, fire up your Weber and go to town!

- Joerg

FEATURED CUISINE MEMPHIS, TN

ITS ORIGINATION

There's one word that should always come to mind when you think about Memphis cuisine: barbecue. But how is it different from other forms of barbecue? Every region and state known for barbecue has its own way of doing things: Texas is all about the brisket, the East Coast states prefer their meat sliced and tangy, but Memphis leans more towards the pig, specifically pulled pork and a rack of ribs. How barbecue is seasoned and sauced also matters in the South, and varies from city to city: Memphis style is unique.

ITS FOOD

Since Memphis is a port town, there was access to a wider variety of ingredients to add to its barbecue, plus all the molasses that was shipped up the Mississippi, so its style became a spicy, sweet, and tomatoey sauce. The sides are also important, and in Memphis the common sides will be coleslaw, cornbread, baked beans, greens & mac'n cheese.



*Apiary's Memphis Style
Slow-Cooked (Dry & Wet) Ribs*

